



4-H Camp Middlesex

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www.campmiddlesex.com

Steven J. LaFountain, M.Ed., Executive Director

What to Bring to Day Camp...

Recommended:

- Swim suit
- Beach towel
- Sun screen (non-aerosol)
- Insect repellent (non-aerosol)
- 1 change of pants/ shorts
- 1 change of shirt
- 1 change of underwear & socks
- Rain gear (coat, poncho, boots, umbrella, etc.)
- Sweatshirt or sweater
- Sandals or flip-flops (for pool)
- Water Bottle
- Sneakers or comfortable walking shoes
- Hair ties for long hair
- Backpack to store belongings
- Camera and film
- Medical Form (completed by physician)
- Prescribed medication (in original container)
- All possessions labeled with camper's name. *At the end of the summer, we will mail all possessions in lost and found if they contain the camper's name on them.*

For Horsemanship:

- Long pants
- Boot with a 1-1.5 inch heel

Not allowed at camp:

- Electric Equipment – Video games, cell phones, radios, etc.
- Anything of value
- Weapons – Pocket knives, toy or real guns, etc.
- Cash

Please Note: **4-H Camp Middlesex is not responsible for any clothing or personal items brought in by campers.** Campers are responsible for labeling their items before coming to camp and for checking the lost and found for items before they leave.